



## **Fundamentals of Resistance Conditioning**

**Warm-up** – Stretch and get blood flowing

**Form**- Full range of motion

**Speed**- Slow, approximately 3 seconds positive/ 6 seconds negative

**Intensity**- Fail on 8-12 rep

**Progression**- Add resistance when able to achieve last rep

**Nutrition**- Drink 64oz water daily, adjust protein if necessary

**Rest**- Get 8 hours of sleep

**Recordkeeping**- Record details of workouts

**Reevaluate**- Re-test to determine success of program

**Cool-down**- Perform activity to gradually allow systems to return to normal